Help Yourself to Smaller Helpings
Bulletin Board
PB-000-03
Bulletin Board and Self Paced Interactive Lesson Cover Sheet

* All of the pieces in this packet are listed on the back of this sheet.

* Instructions to assemble the bulletin board or interactive lesson are on the sample layout.

* Please have staff and participants return the Help Yourself to Smaller Helpings Survey Form after you have used the bulletin board or lesson for a month.

We look forward to getting your comments on this bulletin board.

Thank you
Help Yourself to Smaller Helpings
Bulletin Board and
Self-Paced Interactive Lesson
Number PB-000-03
Cover Sheet

Enclosed:

1. Sample Layout - This is a two page instruction sheet for staff.
2. Title: Help Yourself to Smaller Helpings
3. Eat Smaller Portions of Food at Each Meal
4. Make Meals at Home Healthy
5. Restaurants Serve Larger Portions Than You Need
6. Picture: Adult’s portion
7. Picture: Child’s portion
8. Picture: Hamburgers
9. Picture: Pizza
10. Picture: Sodas
11. Client Questionnaire/Handout - English
12. Client Questionnaire/Handout - Spanish
13. Staff Survey
14. Participant Survey - English
15. Participant Survey - Spanish
16. This Cover Sheet

Use stock no. 13-06-12265 to reorder this package of materials for the Help Yourself to Smaller Portions Bulletin Board and Self-Paced Interactive Lesson.

This package does not include the borders (Serving sizes for adults and children 4 and older, stock no. 13-06-12266 – and Serving sizes for children 1 to 3 years old, stock no. 13-06-12266) for the bulletin board. They are ordered separately.

Keep this sheet for future reference when the bulletin board is used again in your Local Agency.
**Sample Layout** – Large bulletin board, 6'x4'  
Instructions on back

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**Eat smaller portions of food at each meal to help you:**
- feel better
- look better
- manage your weight
- reduce your risk for diabetes, obesity, and heart disease.

**Coma porciones más pequeñas de alimentos en cada comida para:**
- sentirse mejor.
- verse mejor.
- controlar su peso.
- reducir el riesgo de padecer diabetes, obesidad y enfermedad del corazón.

**Make meals at home healthy**
- Make mealtime family time – turn off the television.
- Serve children smaller portions than you eat.
- Drink water, low-fat milk, or juice – not sodas – with meals.

**Prepare comidas sanas en casa**
- Haga que la hora de la comida sea una hora familiar. Apague la televisión.
- Sírvale a los niños porciones más pequeñas que las suyas.
- Tome agua, leche baja en grasa o jugo en vez de refrescos gaseosos en las comidas.

**Restaurants serve larger portions than you need.**
When eating out:
- order regular sizes, not super sizes.
- split a meal with a friend.
- take part of your meal home to eat the next day.

**Los restaurantes sirven porciones más grandes de lo necesario.**
Cuando coma en restaurantes:
- ordene el tamaño regular, no el tamaño extra grande.
- comparta la comida con un amigo.
- lleve parte de su comida a casa para comer al día siguiente.

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* These items must be on the bulletin board if it is used as an interactive lesson.
1. If you are using this as a bulletin board and not an interactive lesson, you can use this as a bulletin board or an interactive lesson.

2. If you are using this as an interactive lesson, you must include all the items marked with an asterisk on the sample layout on the other side of this sheet. You must also include the handout and the client questionnaire.

You can use shaded blocks of colored paper behind photos and text to highlight them.

Try using shaded blocks of colored paper behind photos and text to highlight them.

Mount manila envelopes on or near the bulletin board to hold enclosed participant handouts.

You may laminate pieces for durability.

Use the enclosed border to line the edge of your bulletin board.

Large bulletin board (6'×4').

Sample layout for Help Yourself to Smaller Helpings

Bulletin Board
**Sample Layout** – Large bulletin board, 6’x4’
**Instructions on back**

* These items must be on the bulletin board if it is used as an interactive lesson.
You can choose which text and photos to use.

1. If you are using this as a bulletin board and not an interactive lesson, you can use this as a bulletin board or an interactive lesson.

2. To use this as an interactive lesson, you must include all the items marked with an asterisk on the sample layout on the other side of this sheet. You must also include the handout and the client questionnaire.

Sample layout for Help Yourself to Smaller Helpings Bulletin Board

- Use the enclosed border to line the edge of your bulletin board.
- Mount manila envelopes on or near the bulletin board to hold enclosed participant handouts.
- You may laminate pieces for durability.
- Try using shaded blocks of colored paper behind photos and text to highlight them.
Help yourself to smaller helpings

Sírvase porciones más pequeñas

Make meals at home healthy
★ Make mealtime family time – turn off the television.
★ Serve children smaller portions than you eat.
★ Drink water, low-fat milk, or juice – not sodas – with meals.

Prepare comidas sanas en casa
★ Haga que la hora de la comida sea una hora familiar. Apague la televisión.
★ Sirvales a los niños porciones más pequeñas que las suyas.
★ Tome agua, leche baja en grasa o jugo en vez de refrescos gaseosos en las comidas.

Eat smaller portions of food at each meal to help you:
★ feel better
★ look better
★ manage your weight
★ reduce your risk for diabetes, obesity, and heart disease.

Coma porciones más pequeñas de alimentos en cada comida para:
★ sentirse mejor.
★ verse mejor.
★ controlar su peso.
★ reducir el riesgo de padecer diabetes, obesidad y enfermedad del corazón.

Restaurants serve larger portions than you need.
When eating out:
★ order regular sizes, not super sizes.
★ split a meal with a friend.
★ take part of your meal home to eat the next day.

Los restaurantes sirven porciones más grandes de lo necesario.
Cuando coma en restaurantes:
★ ordene el tamaño regular, no el tamaño extra grande.
★ compartla la comida con un amigo.
★ llévese parte de su comida a casa para comer al día siguiente.
Small bulletin board (4’ × 3’)

- Try using shaded blocks of colored paper behind photos and text to highlight them.
- Use these ideas to help you on smaller bulletin boards.
- Color copy photos to reduce the size.
- Trim some pieces to make more room.
- Leave off borders if there is not enough room.
- You may laminate pieces for durability.

Sample layout for the Help Yourself to Smaller Helpings Bulletin Board

Mount manila envelopes on or near the bulletin board to put enclosed handouts for participants to take home.